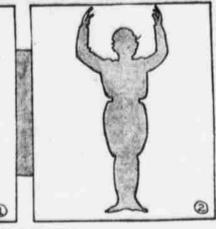
Evening World Daily Magazine Saturday, March 10, 1917

The Evening World's Perfect Figure Contest Conducted by Pauline Furlong

To Make Perfectly Proportioned for Their Height Women Now Fifteen or More Pounds Over or Under Their Proper Weight.





Developing-Lesson XXI.

THE shoulder exercise shown with this lesson is combined with another one for the lungs, neck and chin. Stand with the feet nearly together, backs of the hands resting on the hips, head down. Gradsally raise the arms and turn the hands until the palms face each other and are elightly above the cars and about two feet from them. Inhale a deep breath as you do this and throw the head far back. Hold this position a second and then lower the arms and head and exhale. Relax and to this at least ten times at each practice by an open window. Lower the head on the chest in the starting position,

Breathing exercises stimulate the action of the largest muscle of the body, the diaphragm, and this much alone makes them really necessary to better digestion, as well as cleansing the blood of impurities and expand-

Never neglect to practise deep, regular breathing of pure air, as it is the only really natural road to health and beauty; and other more strenuous movements are shown because they quicken the action of the heart and blood and send more of it to the rest of the body, nerves, tissues and muscles, which feed on it and are actually denied it, through the languid. indifferent manner in which many persons go through life.

which keeps the



eath, and other aches and pains and also advised, tigns of distress.

Overeating of food and wrong com-Mnations of them are the real causes of indigestion and the cause must be removed before relief can be obtained.

Women should try to overcome all mmon disorders, and the treatment usually lies in the cause. We all know that pain of any kind is weakening to the nerves and all other parts of

THE IVORY CHILD

IN MICH the Famous Allon Quadration Gover on a Strange Good.

By Sir Rider Haggard

White the Famous Allon Quadration Good on a Strange Good.

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White the Strange Good of the Strange Good o

Shoulder Exercise.

tug the lung power.

Lesson Talks and Answers to Queries.

ANY women write me that they suffer continually with flatu-lency and a constant accumulation ac

Take care of the eyes and do not strain them reading, sewing or using them in a dim light. Use boracio acid in an eye-cup as often as con-

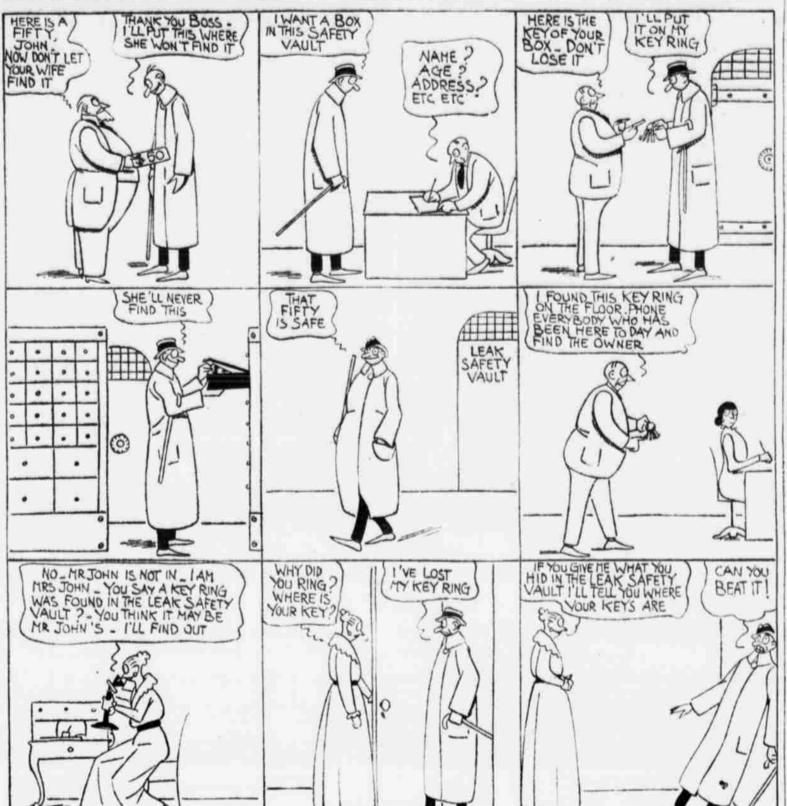
DRY DANDRUFF-HARRY E. know that it Brush the bair constantly each day causes palpitation and night at least fifty strokes, to of the heart, acid belching, head of course, massage, with a little aches, bad liquid vaseline on the fingertips, is

> BLUSHING-THERESA K : Selfwhat they are saying to you.

THE IVORY CHILD

Can You Beat It!

By Maurice Ketten



The Evening World's Kiddie Klub Korner

Conducted by Eleanor Schorer

Cousin Eleanor Invites

KIDDIE KLUB MEMBERS TO JOIN THE **Kiddie Klub Community Chorus** WHICH WILL MEET TO-DAY

AT PUBLIC SCHOOL No. 21, MANHATTAN, TO SING AND MAKE MERRY BETWEEN THE HOURS OF 2 AND 3 P. M.

> DOORS OPEN AT 1.30 P. M. A SURPRISE AWAITS ALL WHO ATTEND. BOY SCOUTS WILL ESCORT KIDDIES FROM THE SPRING STREET SUBWAY STATION.

My Dear Cousins:

A surprise awaits you to-day at Public School No. 21, where we meet to rehearse for our big Spring Festival. We are going to have an hour of even better fun than was enjoyed last week. Not only will we sing, but well, if I said another word I would betray the secret, and that would spoil it all! But do not miss it. You will surely be sorry if you do. Come by way of the subway and get out at the Spring Street station.

Spring Street station is a local station between Fourteenth Street and Brook lyn Bridge stations. Boy scours will be posted at the head of the station stairs, just as they were last week, and they will prove the same efficient

We shall divide the auditorium into sections, with a big place for the wee little cousins, a big place for the middle sized cousins and a big place for the big, big cousins. Like the three bears, only there is an equally big space for each size of cousins.

The four last rows will be reserved for growh-ups who prefer to accom pany their kiddles personally.

Doesn't it make you tingle from head to toes to know that you are to

be part of a glorious pageant out of doors; that you are to sing and leap and laugh before a big audience some time in May?

Do come to all the rehearsals. Regin attending to-day. I shall expect every one of you.

Cousin Eleanor.

Dicky and Dot in the Wonder City By Mary Graham Bonner

A Dry Dock.

OOK at the blg boat," e x c laimed Dicky, for they were down by the wharves.

"It's out of the water," said Dot. "I should think it would topple over." "How can It stay out of the water?" Dicky asked of some workmen

dry dock," said one of the men.

By Sir Rider Haggard

ever bring it in here. I should think is the



"AND LOOK AT ALL THE STEPS ON EITHE SIDE LEADING DOWN TO THE BOAT," SAID DOT.

"Well," said Dicky laughing, "I can | it would get more broken by this

see that it is not in the water."

"So can I." chuckled Dot.

"It's here for repairs," said the man. "because the boat comes in when there is water."

"It does;" said Dicky. "Oh do tell us how the water goes away. A boat to mean they asked Dicky. "And how can they see tid of it?"

"They get the boat in first for here."

"They get the boat in first, for here is the mending shop for boats."
"Yes," said Dicky ... "Oh, please do go du and tell us some more." "Then," continued the man, "they have to get the water out.

"They drain away all the water-all in a very short time, and then they put up a gate which keeps out





In Which the Famous Allan Quatermain Goes on a Strange Quest.

